



THE FEDERATION OF MASSACHUSETTS FARMERS' MARKETS  
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## CREAM OF SPINACH SOUP

### INGREDIENTS:

- 3 cups leeks, pale green and white parts, thinly sliced
- 1 cup garlic scapes, tips removed, chopped
- 2 tablespoons extra-virgin olive oil
- 4 cups water
- 1/4 cup red lentils, washed and drained
- 5 cups packed spinach, stems removed, washed
- 1 1/8 teaspoons salt
- Pinch of nutmeg
- 1 tablespoon fresh lemon juice
- Sour cream for garnish

### INSTRUCTIONS:

- 1 Wash sliced leeks in a bowl of cold water, and drain well.
- 2 In a 2-quart pan, over medium heat gently sauté garlic scapes and leeks in olive oil with 1/8 teaspoon salt till softened, about 7 minutes.
- 3 Add water and red lentils to the pot and bring everything to boil.
- 4 Lower the heat and cook for 15 minutes, covered, until lentils are soft.
- 5 Add the spinach and 1 teaspoon salt, and continue cooking until spinach has wilted, but is still emerald green.
- 6 Remove from heat, and puree in a blender on highest speed till velvety smooth. Season to taste with nutmeg, lemon juice and salt.
- 7 Garnish with a dollop of sour cream. Can be served hot or cold.

**MAKES 5 CUPS**

### NUTRITION INFORMATION:

Spinach contains vitamins A, K, and C, as well as folate. Folate can help prevent heart disease. Spinach also contains at least 13 flavonoid compounds that function as antioxidants and anti-cancer agents. Finally, spinach is one of the richest sources of lutein, a carotenoid which helps prevent age-related macular degeneration.

**FMFM** connects farmers with consumers. Farmers' markets are not only a source of fresh, locally grown, high quality food, they build community and strengthen the regional economy, and they help to ensure the future of small family farms in Massachusetts. To learn more about **FMFM** and how you can get involved, please visit [www.massfarmersmarkets.org](http://www.massfarmersmarkets.org) or call (781) 893-8222